



**THE BUDDY BEAT @  
ARTS & RECOVERY SHOWCASE  
PAISLEY ARTS CENTRE**



**16<sup>TH</sup> JUNE 2015**

**SCOTTISH  
MENTAL  
HEALTH  
ARTS & FILM  
FESTIVAL**  
RENFREWSHIRE

*Throughout the 8 years of Buddy Beat there has often been a big event for the group to take part in, all of them memorable for different things. From those early days when co-founder Jeanette Allan whisked some of us to Leeds to perform and speak at an Occupational Therapists Conference. Then to Kirkcaldy in 2010 we went for a large NHS conference for Allied Health Professionals where we witnessed 200 people playing Boomwhackers together. Next it was to a large Penumbra event at St Andrews in the Square in Glasgow in 2011 and perhaps most famously, in 2013 where we performed and wowed 600 Occupational Therapists at Glasgow SECC.*

*Then earlier this year, we were invited to take part in a NetWork Service Arts & Recovery Showcase event. What is the NetWork Service you may ask? Well, over to group member Tom, who works part-time as a Peer Support Worker in The NetWork team:*



*“The NetWork Service was created by its manager Jeanette Allan, who is also the Lead Occupational Therapist for Renfrewshire. NetWork is unique in the NHS as it provides a vocational rehabilitation service for people with mental health or addiction issues. If someone has a particular goal they wish to achieve- finding a job, seeking out an education course, finding a volunteering post or looking for a meaningful day activity- then they can be referred into NetWork by their key-worker. The team there listen to the person, identify what it is they are looking for and work together to achieve that goal. The NetWork clients can link into Buddy Beat, as many have done already. The service also runs a drama group, a writing group, a guitar group, a mural group, an art group and an IT group also.*

*One of the great things about my work is that I get to make films that tell client stories. I do this was film-maker Alan Clark, and I first met Alan in 2012 when he commissioned Buddy Beat to compose a musical piece that related to Paisley’s industrial heritage that he would include in his university project. The result of that was “Paisley Pattern” which was our take on a typical shift at one of the town’s thread mills. This was one of our most complex pieces and Alan filmed*

*this, and it can be seen on Youtube. Over the last three years we have collaborated several times, and the latest is entitled "Take 2", which tells the story of Billy, a man who suffered brain injury in an accident and how that has affected his life. This whole showcase event came about after Jeanette and I sat down to figure how to debut Billy's short film."*

*Now, at Buddy Beat, we have been known to sing the odd tune here and there and last Christmas Jane came up the bright idea of composing our own song. Well, that fired the creative juices for sure! Over the next few weeks we were all given the chance to pitch in suggestions for lyrics and so "The Buddy Beat Blues" was born.*

*Over the last few months we have been rehearsing this tune of ours, honing it down, tweaking it here and there, and throwing in drums, Boomwhackers, handbells, a smattering of Ukuleles and not forgetting the banjo too! So when we were invited to open the Arts & Recovery Showcase, it was just total coincidence that we had our monster tune ready and primed to debut to the world!*

*As it is a Showcase Event that shows off The NetWork Service, alongside the debut of Billy's film "Take 2" there would be performances from the guitar group, drama group and writing group too. The event was put together by Cat Weir, Intern at The NetWork Service who is also the Renfrewshire Mental Health & Arts & Film Festival Co-Ordinator.*

*The Buddy Beat orchestra were-*

*Musical Maestro- Dr Jane Bentley*

*Boomwhackers & Bells- Tom Chalmers, Alistair McIntyre, Carolyn Richardson, Marian Trainor, Marion Bisland & Helen Griggs*

*Ukulele- Andrew Milne, Jamie McGlinchey, Anne Dowie, Eileen McGrory*

*Banjo- Gordon MacKenzie*

*Drums- Stacey Campbell & Christine Robertson*

*Vocals- all of us!*

*What are the words I hear you ask? Well, here they are-*

**We are the B—U D D Y  
We all have fun- if you come you'll know why  
We are the - Buddy Beat  
We got the Buddy Beat Blues  
Cos we got the beat from our heads to our Buddy Beat shoes**

**Chorus-**

**Got the Buddy Beat blues (Got the BB blues)  
Got the Buddy Beat blues (Got the BB  
Got the Buddy Beat blues! (Got the BB blues!)  
Got the Buddy Beat blues (Got the BB blues)  
Cos we got the beat from our heads to our Buddy Beat shoes**

**I woke up this morning- the day was just dawning  
Couldn't stop myself from yawning & yawning  
But I – realised----it's Buddy Beat day!  
So with a smile on my face I got up and got on my way**

**Chorus**

**Well we're beating on our drums, you know you gotta come  
Everybody's welcome to see how it's done  
Jammin' with our friends here- and a wee cup of tea  
It's easier than you think, so come & get your groove on with me**

**Chorus**

**A little percussion- a lot of discussion  
A whole lot of passion in our rhythm production  
Workin' all together- to chase those blues away  
The only problem with this song is that we ain't got the blues today**

**Ain't got the Buddy Beat blues (ain't got the BB blues)  
Ain't got the Buddy Beat blues (ain't got the BB blues)  
Ain't got the Buddy Beat blues! (ain't got the BB blues!)  
Ain't got the Buddy Beat blues (ain't got the BB blues)  
Cos we got the beat from our heads to our Buddy Beat shoes**

***A Buddy Beat Composition 2014/2015***



*With the theatre filling up, we kicked off promptly at 1.30pm with a mighty rhumble which helped gather the room's attention.*

*The strings opened our tune and then we began with "We are the B-U D D Y..." and we had the audiences' rapt attention. After the first verse and chorus (one side sings and the other replies), the Boomwhackers joined the game. Into verse three which begins with "Well we're beating on our drums" so what else should come in here but the drums? We glided into verse four with "A little percussion" and we played our handbells on their own. The last verse changes to "Ain't got the Buddy Beat Blues" and we repeat this twice- first as an instrumental and then for a final rousing finale. Throw in big smiles, hand gestures and feet wobbling mid-air, it was a fun packed four minutes of song. When we finished the applause was loud and hearty and the gang looked thrilled.*





*Prior to the start, Tom & Stacey had placed a copy of the words to our song under every seat. Jane turned to the audience and said that we would sing it again but this time we would like them to join in with us. Off we set for a second time and it was great fun. Jamie had the room laughing when the lyric "So with a smile on my face I got up and got on my way" arrived, Jamie stood up while playing his 'Ukelele and marched a few steps forward! Again when we finished the cheers filled the room.*



*We found our seats and sat back to enjoy the rest of the show, and what a packed show it was:*

***Take 2-** NetWork Service client Billy tells his story in a short film produced by Alan Clark & Buddy Beat's Tom Chalmers. Billy suffered a brain injury resulting from an accident and his film tells how this*

*affects his life and how he has had to adapt. Billy's message is one of "Seize the Day!" as not everyone gets the chance to get a Take 2 opportunity. His film is very powerful and moving and there could have been no-one in the theatre who was not touched by it.*



*Paisley Guitar Group- this group meets every Wednesday afternoon at The Sunshine Recovery Café in Paisley St Matthews Church. A short film of the group was introduced by group member Alan and we saw Buddy Beat's Gordon on screen telling the benefits of being part of the guitar*

*group, saying "Music is my medication", which needs to be a slogan on a t-shirt sometime soon. We saw the group play and sing two songs, one of which was "Caledonia" and this went down extremely well.*

*Changing Stages- This collaboration between the NetWork Service, Degree Drama students of West College Scotland and John Adam of Figmentum Productions delivered their first performance, which featured 8 performers including Buddy Beat's Stacey. This twenty minute play, relates the issues of mental health and recovery, and breaking the stigma that surrounds it. It is a highly visual piece, with film clips and different music styles that help tell the story. It was very*



*powerful and thought provoking indeed and a great success and credit to all involved.*



***Mural Group-** Networks' Creative Art's Co-Ordinator Sarah Grant introduced The Mural Group, a recently created group who have been commissioned to brighten up an enclosed garden space at the Royal Alexandria Hospital in Paisley. Sarah's delightful short film showed the artists at work and we could see the garden transforming from a dull, drab space to one full of light and colour, which will surely help the patients that see it.*



***Paisley Writing Group-***

*NetWork saw that many clients found writing therapeutic and so Sarah Grant founded the writing group in the spring-time and they meet*



*every Tuesday afternoon in Paisley Library. This is hosted by local poet George Colkitto of Read Raw. George could not be present so Sarah Grant hosted this segment, with each of the members taking to the mic and reading their work. This included the very busy Stacey and Gordon, who ran the risk of meeting themselves coming backwards! The readings were touching and often humorous and the hundred strong audience showed their appreciation throughout.*

*Photography Exhibition Launch-* Reuben Millward, from RAMH launched this exhibition/competition for the upcoming Renfrewshire Mental Health Arts Festival. The theme of this year's festival is passion and Reuben is asking for people to submit a photograph of what they are passionate about- on screen we saw a photo of a dog, a cat, a country walk by way of examples- and submit it to him at The Charleston Centre with a short word or two describing what the photograph means to them. Steven then introduced Steven Rygielski, who was there to showcase his own photography exhibition, A Portrait of Recovery. Steven told us that the NetWork Service had



helped him create this exhibition and that he was available for commissions. His work revolves around portraits and his friends at the Sunshine Recovery Café were his willing subjects and these were displayed at the back of the stage for everyone to see. The framed photographs were excellent and it was hard to take your eyes off them.

That was the end of the event and Jeanette Allan took to the floor and invited Cat Weir onstage and presented her with a bouquet of flowers, as a way of thanking Cat for organising the whole event. The audience quickly showed how much the entire event had meant to them.

*What did the Buddy Beat think of this big event?*

*"I thoroughly enjoyed the experience today, every bit of it."- Stacey, a multiple performer*

*"I loved all of it and as Tom said, I was all over it like a rash." - Gordon, a multiple performer*

*"All our work over the last few months paid off and I loved singing our Blues song. Hearing the audience join in on the 2<sup>nd</sup> run will stay with me forever. Being part of Billy's film "Take 2" hit me emotionally*

*and his message was so important and powerful. I was also proud to see the likes of Stacey and Gordon taking part in other ways.”- Tom*

*“I was nervous at first but once we started singing I was fine and I thought that it was brilliant.”- Marian*

*“It was sensational and the drama was very well done. It was great to be part of such an excellent show.” - Carolyn*

*“I was nervous but enjoyed the experience and my mum thought that we were brilliant.”- Eileen*

*“I had butterflies but once we got going I was fine. The audience participation was great and I felt more relaxed.”- Jamie*

*“I was very proud of everyone and received so much good feedback. People commented on how confident you all looked with the different instruments and you all smiled throughout!”- Jane Bentley*

*And finally, Stacey’s mum, Dorothy Campbell, emailed Jeanette Allan with this terrific message:*

*“I would like to take this opportunity to thank everyone involved in the Arts & Recovery Showcase at Paisley Arts Centre on Tuesday 16<sup>th</sup> June. This event which promotes positive mental health and the use of arts in recovery is an excellent way to achieve better health and I congratulate the dedicated team of staff who support the people who attend. I know from experience how well this has helped Stacey to become more confident in her recovery. All performances were excellent, upbeat and very moving. The “STARS” performed very well and are a credit to themselves by the hard work that they put in to achieve such an excellent performance, which I thoroughly enjoyed.”*

*It was a wonderful opportunity for The Buddy Beat to debut our song which we have been working so hard on for months. We all enjoyed the experience and the entire show was thought provoking and interesting and the event will be one that we will surely be talking about for many moons to come.*

*A Buddy Beat Publication*

*Words by Tom Chalmers / June 18<sup>th</sup> 2015*

